

Three Sisters Soup

Ingredients:

2 tablespoons olive oil
1 medium yellow onion, peeled and diced
¼ teaspoon garlic powder OR 1 teaspoon garlic, minced
1 pound red potatoes (5-7 small OR 3-5 medium), diced, unpeeled
1 teaspoon chipotle powder
1 teaspoon cumin
1 bay leaf
32 ounces chicken broth, unsalted
2 14.5-ounce cans fire roasted tomatoes, diced, undrained
1 zucchini, diced
1 summer squash, diced
1 15-ounce can no salt added corn OR 1¾ cup frozen corn
1 can black-eyed peas, drained
Salt and pepper to taste
Fresh parsley for garnishing (optional)

Instructions:

1. Heat oil on medium heat in a large soup pot or Dutch oven. Add the onions. Sauté until they start to soften, about 5 minutes. Stir often. Add garlic powder and cook a minute or two longer.
2. Add potatoes, chipotle powder, cumin and bay leaf. Cook for a couple minutes, stirring almost constantly.
3. Add the broth and tomatoes. Bring to a boil.
4. Once the soup begins to boil, lower the heat. Cover and simmer until the potatoes are just tender, about 8-12 minutes. Make sure it is simmering and not boiling.
5. Add the zucchini, summer squash, corn and black-eyed peas. Bring the soup back to a simmer. Season with salt and pepper to taste. Cover and simmer until the vegetables are barely tender, about 10-15 minutes. Add water if the soup gets too thick.
6. Remove the bay leaf. Serve the soup topped with fresh parsley.

Prep time: 15 minutes

Cook time: 30 minutes

Serves: 8

Source: The View from Great Island

Nutrition Facts

8 servings per container

Serving size 1/2 cup

Amount per serving

Calories 260

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 380mg 17%

Total Carbohydrate 49g 18%

Dietary Fiber 5g 18%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 63mg 4%

Iron 4mg 20%

Potassium 1101mg 25%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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